

## Moderation is Key

Even though fish and shellfish are part of a healthy diet, you should limit how much and how often you eat them.

Some fish and shellfish have high levels of chemicals that may harm the healthy development of a fetus or a child under age seven. One of those chemicals is mercury.



Too much mercury may affect a child's behavior and lead to learning problems. Mercury in larger amounts can also harm older children and adults.

Before you enjoy eating fish from Idaho's lakes, rivers and streams, take a minute to check the health advisories at this web site: [www.healthandwelfare.idaho.gov/site/3391/default.aspx](http://www.healthandwelfare.idaho.gov/site/3391/default.aspx).

- American Falls Reservoir
- Brownlee Reservoir
- C.J. Strike Main Reservoir
- East Mill Creek
- Jordan Creek
- Lake Coeur d'Alene
- Lake Lowell
- Lake Pend Oreille
- Priest Lake
- Salmon Falls Creek Reservoir

## Resources

- Department of Health and Welfare  
1-866-240-3553 toll-free  
[www.healthandwelfare.idaho.gov](http://www.healthandwelfare.idaho.gov)  
[bceh@dhw.idaho.gov](mailto:bceh@dhw.idaho.gov)
- Idaho Fish and Game  
208-334-3700  
[fishandgame.idaho.gov](http://fishandgame.idaho.gov)
- U.S. Environmental Protection Agency [www.epa.gov/mercury/advisories.htm](http://www.epa.gov/mercury/advisories.htm)
- Agency for Toxic Substances and Disease Registry  
[www.atsdr.cdc.gov/toxfaq.html](http://www.atsdr.cdc.gov/toxfaq.html)
- Pregnancy Info Net  
[www.pregnancy-info.net/omega3.html](http://www.pregnancy-info.net/omega3.html)



IDAHO DEPARTMENT OF  
**HEALTH & WELFARE**

05/2007

## Eating Fish is Healthy

Fish and shellfish contain high-quality protein and other essential nutrients.

Fish are low in unhealthy fat and contain omega-3 fatty acids. Omega 3 helps:

- develop the brain, eyes and nervous system of your baby
- reduce chances of high blood pressure
- reduce risk of postpartum depression
- minimize the chance of premature labor.

A well-balanced diet that includes a **variety** of fish and shellfish can contribute to a healthy heart.



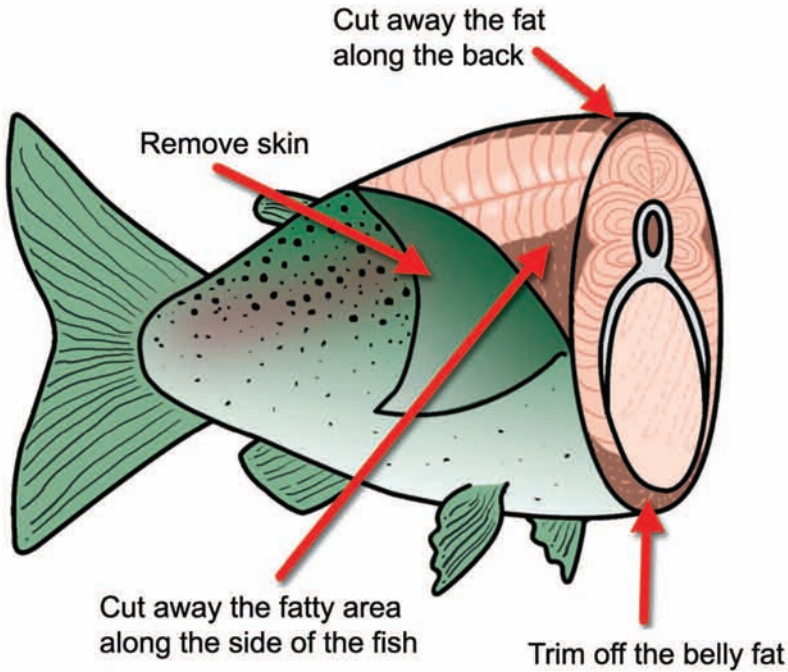
**Safe Fish Eating Guidelines  
for those:  
Pregnant  
Planning to become pregnant  
Nursing  
and  
Children under age 7**



Some Facts About Chemicals in Fish

Fish that contain chemicals like mercury do not smell, look, or taste different than other fish. Mercury cannot be removed through cooking or cleaning.

Removing the skin, fat and organs when you clean and cook fish can help to reduce other chemicals. Also, baking or broiling the fish on a rack without the skin allows the fat to drain off and reduces harmful chemicals.

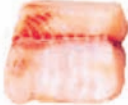
























Remember The Following Tips

- 1. For all types of fish, eat the ones that are smaller.
- 2. Eat a variety of cooked fish and seafood.
- 3. Trim off skin and fat, especially belly fat. Also, eat fewer fatty fish.
- 4. Follow the guidelines in this brochure to select safer types of fish to eat.

What Kinds and How Much Fish Can I Eat?

Below are safe eating guidelines for women who are pregnant, planning to become pregnant, or are breastfeeding, and for children age 7 and under.

| Idaho Sport Fish  |  | Commercial Fish  |  |
|---|--|--|--|
|   |  | <b>Fish HIGH in Mercury<br/>NEVER EAT</b>                                      | <b>Shark</b><br> <b>Swordfish</b><br>  |
| <b>Bass</b> <br><b>Walleye</b> <br><b>Northern Pike</b> <br><b>Lake Trout</b>         |  | <b>Fish MEDIUM in Mercury<br/>1 meal every two weeks<br/>(4 ounces a week)</b> | <b>Albacore</b> <br><b>Snapper</b> <br><b>Halibut</b> <br><b>Sea Trout (Weakfish)</b>    |
| <b>Yellow Perch</b> <br><b>Crappie</b> <br><b>Whitefish</b> <br><b>Bluegill</b>  |  | <b>Fish LOWER in Mercury<br/>1 meal a week<br/>(8 ounces a week)</b>           | <b>Light Tuna</b>    |
| <b>Salmon</b> <br><b>Trout</b> <br><b>Catfish</b>    |  | <b>Fish LOWEST in Mercury<br/>2 meals a week<br/>(16 ounces a week)</b>        | <b>Cod</b> <br><b>Flounder</b> <br><b>Salmon</b> <br><b>Tilapia</b> <br><b>Trout</b>  |